



Therapeutic Information



Children and adults with intellectual disabilities who participate in Special Olympics develop improved physical fitness, motor skills, greater self-confidence, and a more positive self-image. They grow mentally, socially, spiritually, and through their activities, they exhibit boundless courage and enthusiasm while enjoying the rewards of friendship. They ultimately discover not only new abilities and talents but "their voices" as well.

STARRS

(Super Therapeutic and Recreation Students)

This program is designed for school aged participants with intellectual disabilities. We offer different sporting activities, movies, games...and having fun with our peers. Monthly calendars will be distributed to participants during class.

Day: Tuesdays

Time: 5:00 p.m. - 6:00 p.m.

Age: 12 - 21 years old

Location: Kiwanis Center



*For more information contact the number listed below.

WANTED VOLUNTEERS!

Are you an individual or a group looking to make a difference in your community? We are looking for volunteers to assist in our local Special Olympics competitions. For more information call the number listed below.

SPECIAL OLYMPICS LOCAL & STATE COMPETITIONS

September	Softball Invitational	LaGrange
October	State Fall Games	Albany
November	Local Basketball Competition	
November	State Horse Show	Perry
November	Open Sailing Regatta	Macon
November	Local Bowling Competition	

Competitions are available to elementary, middle, high school students, and to master athletes that have registered and been specially trained in our program. Practices are held at different times throughout the year.



2007 Soccer



2007 Ski Trip



2007 Southeast Sailing



2007 Law Enforcement Torch Run



2007 Masters Field Trip Camp

Therapeutics on the MOVE!



2007 Masters Field Trip



2007 Masters Field Trip Camp



2007 Summer Games



2007 Local Track & Field

WE WANT TO HEAR FROM YOU!

If you have any suggestions for social activities, special events, or outings we want your ideas/suggestions. Contact us at the number listed below and submit your requests.



Therapeutic Programs



TR POTTERY

Learn pottery, hand-building, and wheel-turning skills for beginners which will help to improve the gross and fine motor skills.

Day: Fridays
Date: August 10 - 31
Time: 4:30 p.m. - 6:00 p.m.
Fee: \$60 per person + supply fee
Age: 8 & older
Location: Kiwanis Center

NEW!



*** A \$20 supply fee is due at the first class.**

DEVOUR IN AN HOUR...or TWO

This group is designed to help participants work through social skills while in the community. Don't forget to bring money for your lunch!

Day: Thursdays
Date: August 30, September 27, October 25
Time: 11:30 a.m. - 2:30 p.m.
Fee: \$15 + cost of lunch
Age: 22 & older
Location: Depart from Activities House



A NIGHT TO REMEMBER

Bring a date, friend, or buddy and come and enjoy a good time with some friends. We're off to dinner and a movie.



Day: Friday
Date: September 7
Time: 5:30 p.m. - 9:00 p.m.
Fee: None
Age: 17 & older
Location: Depart from Activities House

NEW!

***Money for admission, dinner, & snacks required.**

TR HAPPY FEET

Grab a friend and join us for a leisurely walk in the park. It's hard to imagine you'll be burning calories while socializing. This class is extremely low impact and easy on your joints and muscles. Walk at your own pace and time.

Day: Mondays
Date: September 10 - October 29
Time: 5:00 p.m.
Fee: None
Age: 15 & older
Location: Depart from Activities House



***If you require assistance, bring a buddy!**

TR BALLROOM DANCE

This program is designed specifically for persons with disabilities as they learn the steps to today's hottest ballroom dances. Participants will enjoy interacting with peers and moving to the sounds of Latin, Ballroom, and Swing dances. Nothing is more therapeutic than music and movement!

Day: Fridays
Date: September 14 - October 19
Time: 6:30 p.m. - 7:45 p.m.
Fee: No fee
Age: 18 & older
Location: Kiwanis Center

NEW!



TR FRIDAY NIGHT LIGHTS

ARE YOU READY FOR SOME FOOTBALL! We're off to different High School football games. In preparation for the games we will be tailgating in the parking lot before each game. **Bring a chair and get ready for some fun!**

Day: Fridays
Date: September 14 - Whitewater @ Fayette County High
October 5 - McIntosh High @ Starr's Mill
Time: 5:30 p.m. - 10:00 p.m.
Fee: \$10 per game
Age: 16 & older
Location: Depart from Activities House

NEW!

TR PAY IT FORWARD

It's time that we step forth and do something for a community that is always there to help us when they are called upon. Bring 3 - 5 cans of non-perishable food on the day of the program and we'll all deliver it together! Let's watch how we can now make a difference!

Pay it forward



Day: Wednesday
Date: November 14
Time: 4:30 p.m. - 6:00 p.m.
Fee: None
Age: 14 & older
Location: Meet at the Activities House

NEW!

TR ICE CREAM SOCIAL

"Ice screams, you scream: we all scream for ice cream!" Whatever your choice of flavors, bring your favorite topping, add to what we have, and join us for the social event of the year! (Make sure and eat dinner beforehand!)

Day: Thursday
Date: November 15
Time: 6:00 p.m. - 7:30 p.m.
Fee: \$5 per person
Age: 22 & older
Location: Activities House



Volunteers work very hard to make **Special Olympics** possible for hundreds of athletes in our **community**.